

University of Missouri, St. Louis
IRL @ UMSL

Psychology Faculty Works

Department of Psychological Sciences

1-23-2019

DATASET : Perceived ability to regulate love

Kruti Surti

University of Missouri-St. Louis, kshcf@mail.umsi.edu

Sandra Langeslag

University of Missouri-St. Louis, langeslags@umsi.edu

Follow this and additional works at: <https://irl.umsi.edu/psychology-faculty>

Part of the [Psychology Commons](#)

Recommended Citation

Surti K, Langeslag, S.J.E. (2019). Perceived ability to regulate love. PLOS ONE, 14(5), e0216523.

Repository URL

<https://irl.umsi.edu/psychology-faculty/21>

This Data is brought to you for free and open access by the Department of Psychological Sciences at IRL @ UMSL. It has been accepted for inclusion in Psychology Faculty Works by an authorized administrator of IRL @ UMSL. For more information, please contact marvinh@umsi.edu.

MinimalDataset_Surti&Langeslag.sav (348 kB)

Publication

Surti, K. & Langeslag, S.J.E. (under review). Perceived ability to regulate love. *PLOS ONE*.

Abstract

Research has shown that romantic love can be regulated. We investigated perceptions about love regulation, because these perceptions may impact mental health and influence love regulation application. Two-hundred eighty-six participants completed a series of items online that assessed perceived ability to up- and down-regulate, exaggerate and suppress the expression of, and start and stop different love types. We also tested individual differences in perceived love regulation ability. Participants thought that they can up- but not down-regulate love. Participants thought they were able to regulate attachment the most, followed by sexual desire, and they thought they were least able to regulate infatuation. Participants also thought that they were able to down-regulate sexual desire more than infatuation and attachment. Participants thought that they could exaggerate and suppress love, but that they could not start and stop infatuation and attachment, or to start sexual desire. The more participants habitually used cognitive reappraisal, the more they thought that they can up- and down-regulate infatuation and attachment and up-regulate sexual desire. The more participants habitually used expression suppression, the less they thought that they can exaggerate love expressions. These findings are a first step toward development of psychoeducation techniques to correct inaccurate love regulation perceptions, which may improve mental health and love regulation in daily life.

Contact information

Kruti Surti, M.A

University of Missouri - St. Louis

kshcf@mail.umsl.edu

+1-636-497-6080

Sandra J.E. Langeslag, Ph.D.

University of Missouri - St. Louis

langeslags@umsl.edu

+1-314-516-5395